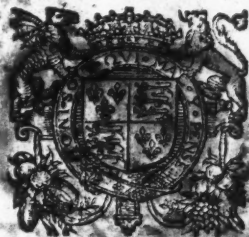


m. 001

Orders, thought meete
by her Maiestie, and her priuie Counsell, to be
executed throughout the Counties of this Realme,
in such Townes, Villages, and other places, as are, or may
be hereafter infected with the plague, for the stay
of further increafe of the same.

(***)



¶ Also, an Aduise set downe vpon her Maiesties ex-
presse commaundement, by the best learned in Physicke within this
Realme, containing sundry good rules and easie Medicines, with-
out charge to the meaner sort of people, aswell for the prefer-
uation of her good Subjects from the plague before in-
fection, as for the curing and ordering of them
after they shall be infected.

(***)

Imprinted at London by the Deputies
of Christopher Barker, Printer to the
Queenes most excellent
Maiestie.

An. Dom. 1593.



**DUPLICATE
FOR SALE 1729**

¶ Orders th ought meete by her Maiestie and
her priuie Counsel, to be executed throughout the
Counties of this Realme, in such Townes, Vil-
es, and other places as are, or may be hereafter
infected with the plague, for the stay of fur-
ther increafe of the same.



IN primis, all the Iustices in euery coun-
tie, as well within the liberties as without, immedi-
atly vpon knowledge to them giuen, shall assemble
themselues together at some one generall place ac-
customed, being cleare from infection of the plague,
to consult how these orders following may be duely
put in execution, not meaning that any Iustices
dwelling in or neere places infected, shall come thi-
ther whiles their comming may be doubtful. And af-
ter their first generall assemble, they shall make a distribution of themselues to
sundry limits and diuisions, as in other common seruices of the Countie they
are accustomed to doe for the prosecution thereof.

2 First they shall inquire, and presently informe themselues by all good
meanes, what Townes and Villages are at the time of such assemble infected
within euery their Counties, and in what Hundred or other diuision, the saide
Townes and Villages are, and how many of the same places so infected are
corporate Townes, market Townes and Villages, and shall consider of what
wealthe the inhabitants of the same Townes and Parishes are, to be habile to re-
lieue the poore that are or shall be infected, and to be restrained in their houses.

3 Item, thereupon after conference vsed according to the necessitie of the
cause, they shall deuise and make a generall taxation, either by charging the
Towne infected with one summe in grosse, or by charging the speciall persons
of wealthe within the same, to be forthwith collected for the rate of one moneth
at the first, and so if the sickness shall continue, the collection of the like summe,
or of more or of lesse, as time & cause shall require, and the same to be euery first,
second, third, or fourth weeke employed to & for the execution of the said orders.
And in case some of the said Townes infected shal manifestly appaere not to be
of sufficient habilitie to contribute sufficient for y charges requisite, then y taxa-
tion or collection shalbe made or further extended to other parts, or in any other
further limites, as by them shall be thought requisite where there shall be any
such Townes or Villages so infected, and unable to relieue themselues. And
if the saide Townes be situated in the borders and confines of any other Shire,
then as the Iustices shall see cause and neede for the greatnesse of the charge re-
quisite, that the partes of the Shire ioyning to the Townes infected be not

Orders to be obserued,

hable, they shal write their letters to the next Iustices of the other Shire so continuing, to procure by collection some reliefe, as in like cases they are to relieue them, in respect of neere neighbourhood of the place, and for that the same infection may be the better stayed from the said adioynning places, though they be separated by name of the Countie.

4 Item, they shall cause to be appointed in euery Parish aswell infected as not infected, certaine persons to viewe the bodies of all such as shall die, before they bee suffered to bee buried, and to certifie the Minister of the Church and Churchwarden, or other principal officers, or their substitutes, of what probable disease the said persons died: and the said viewers, to haue weekly some allowance, & the moze large allowance where the Townes or Parishes bee infected, during the infection, towards their maintenance, to the end they which shall be in places infected, may forbear to resort into the companie of others that are sounder: and those persons to be swozne to make true report according to their knowledge, and the choise of them to be made by direction of the Curate of the Church, with thye or foure substantiall men of the Parish. And in case the said viewers either through fauour or corruption, shal giue wroong certificate, or shall refuse to serue being thereto appointed, then to cause them to be punished by imprisonment, in such sort as may serue for a terroze to others.

5 Item, the houses of such persons out of the which there shall die any of the plague, being so certified by the viewers, or otherwise knownen, or where it shall be understood, that any person remaineth sicke of the plague, to be closed vp on all parts during the time of restraint, viz. fixe weekes, after the sickenes be ceased in the same house, in case the saide houses so infected shall bee within any Towne hauing houses neere adioynning to the same. And if the infection happen in houses disperled in Villages, and seperated from other houses, and that of necessitie, for the seruing of their cattel, and manuring of their ground, the saide persons cannot continue in their houses, then they to bee neuertheless restrained from resorting into companie of others, either publicly or privately during the saide time of restraint, and to weare some marke in their bypermost garments, or beare white rods in their handes at such time as they shal goe abroade, and if there be any doubt that the masters and owners of the houses infected, will not duely obserue the directions of shutting vp their doozes, specially in the night, then shal there be appointed two or three watchmen by turnes, which shall be swozne to attend and watch the house, and to apprehend any person that shall come out of the house contrary to the order, and the same persons by order of the Iustices, shall be a competent time imprisoned in the stocks in the high way next to the house infected: and furthermoze, some speciall marke shall be made & fired to the doozes of euery of the infected houses, and where any such houses shall be Tynes or Alehouses, the signes shall be taken downe for the time of the restraint, and some crosse or other marke set vpon the place thereof to be a token of the sickenesse.

against the infection of the plague.

6 Item, they that haue good regarde to chuse honest persons that either shall collect the summes assessed, or shall haue the custodie thereof, and out of the said collection to allot a weekly proportion for the buying of victual, or fire, or medicines for the poozer sort, during the time of their restraint. And whereas some persons being well disposed to peeble almes and reliefe, will be more willing to giue some portions of victual, as corne, bread, or other meate, the same shall be committed to the charge of some special persons, that will honestly & truly preserve the same, to be distributed as they shall be appointed for the pooze that are infected,

7 Item, to appoint certaine persons dwelling within the townes infected, to provide and deliuer all necessaries of victuals, or anie matter of watching or other attendance, to keepe such as are of good wealth being restrained, at their owne proper costes and charges, and the pooze at the common charges: and the saide persons so appointed to be ordered, not to resort to any publique assemblee during the time of such their attendance, as also to weare some marke on their hypper garment, or to beare a white rod in their hande, to the end others may auoyde their companie.

8 Item, that in the shire towne in euery Countie, and in other great townes meete for that purpose, there may be provision bespoken and made, of such preseruatiues and other remedies, which otherwise in meaner townes cannot be readily had, as by the Physicians shall be prescribed, and is at this present recouered into an Adulfe made by the Physicians, and now printed and sent with the saide orders, which may be fixed in market places, vpon places vsuall for such publique matters, and in other townes in the bodies of the parische churches, and chappels, in which adulfe onely such thinges are prescribed, as vsually are to be had and founde in all countreies without great charge or cost.

9 Item, the Ministers and Curates, and the Churchwardens in euery Parish, shall in writing certifie weekly to some of the Iustices, residing within the Hundreth or other limit where they serue, the number of such persons as are infected and doe not die, and also of all such as shall die within their Parishes, and their diseases probable whereof they died, and the same to be certified to the rest of the Iustices at their assemblies, which during some conuenient time would be euery one and twentie dayes, and thereof a particular booke kept by the Clerke of the peace or some such like.

10 Item, to appoint some place apart in each parish for the buriall of such persons as shall die of the plague, as also to giue order that they be buried after Sunne setting, and pernewerthelesse by daylight, so as the Curate be present for the obseruation of the rites and ceremonies prescribed by the lawe, forseeing as much as conueniently he may, to be distant from the danger of infection of the person dead, or of the company that shall bring the coffe to the grave.

11 Item, the Iustices of the whole Countie to assemble once in xxi. dayes,

Orders to be obserued,

to examine whether those orders bee duely executed, and to certifie to the lordes of the priuie Councell their proceedings in that behalfe, what townes and villages bee infected, as also the numbers of the deade, and the diseases whereof they died, and what sommes of money are raised and collected to this purpose, and how the same are distributed.

12 Item, the Iustices in the hundred, where any such infection is, or the Iustices next adioyning thereunto, to assemble once a weeke, to take accompt of the execution of the saide orders, and as they finde any lacke or disorder, either to reforme it themselves, or to report it at the generall assemblee there, to be by a more common consent reformed.

13 Item, for that the contagion of the plague groweth and encreaseth no way more, then by the vse and handling of such clothes, bedding and other stuffe as hath bene twoyne and occupied by the infected of this disease, during the time of their disease: the saide Iustices shall in the places infected take such order, that all the saide clothes and other stuffe, so occupied by the diseased, so soone as the parties diseased of the plague are all of them either well recovered or dead, be either burnt and cleane consumed with fire: or els ayed in such sort as is prescribed in an especiall article contained in the Aduise set downe by the Physicians, And for that peradventure the losse of such apparel, bedding and other stuffe to be burnt, may be greater then the poore estate of the owners of the same may well beare: it is thought very good and expedient, if it bee thought meete it shall be burnt, that then the saide Iustices, out of such collections as are to be made within their Counties for the reliefe of the poorer sorte that bee infected, allowe also to them such summe or summes as to them shall be thought reasonable, in recompence of the losse of their said stuffe.

14 Item, the saide Iustices may put in execution anie other orders that by them at their generall assemblee shall be deuised and thought meete, tending to the preservation of her Maiesties subiects from the infection, and to the end their care and diligence may the better appeare, they shall certifie in writing the saide orders newly deuised, and if any shall wilfully breake and contemne the same or any of the orders herein specified, they shall either presentlie punish them by imprisonment, or if the persons so contemning them, shall be of such countenance as the Iustices shall thinke meete to haue their faults knownen to her Maiestie, or to the Councell, they shall charge and bind them to appeare before vs, and the contempt duely certified that there may be a more notorious sharpe example made by punishment of the same by order of her Maiestie.

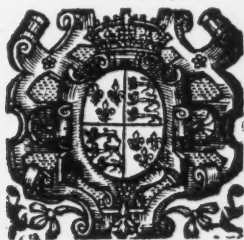
15 Item, if there be lacke of Iustices in some parties of the Shire, or if they which are Iustices there shall bee for the time absent, in that case the more number of the Iustices at their assemblee shall make choyse of some conuenient persons to supply those places for the better execution hereof.

16 Item, if there bee any person Ecclesiasticall or laye, that shall holde and
publi

against the infection of the plague.

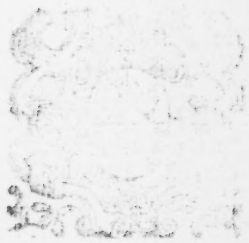
publishe any opinions (as in some places reporte is made) that it is a vaine thing to forbear to resort to the infected, or that it is not charitable to forbid the same, pretending that no person shall dye but at their time prefixed, such persons shall be not onely reprehended, but by order of the Bysshop, if they bee ecclesiasticall, shall be forbidden to preache, and being laye, shall bee also enioyned to forbear to utter such dangerous opinions vpon paine of imprisonment, which shall be executed, if they shall perseuer in that error. And yet it shall appeare manifestly by these orders, that according to Christian charitie, no persons of the meanest degree shall be left without succour and reliefe.

17 And of these thinges aboue mentioned, the Iustices shall take great care, as of a matter specially directed and commaunded by her Maiestie vpon the princely and naturall care shee hath conceiued towards the preservation of her subiectes, who by very disorder, and for lacke of direction doe in many partes wilfully procure the increase of this generall contagion.



THE
OFFICE OF THE
SECRETARY OF THE
NAVY
WASHINGTON, D. C.
JANUARY 1, 1900

TO THE
HONORABLE
MEMBERS OF THE
NAVY
WASHINGTON, D. C.



An Aduise set downe vpon her Maiesties expresse commandement, by the best learned in Physicke within this Realme, conteyning sundry good rules and easie medicines, without charge to the meaner sort of people, as well for the preseruatiō of her good Subiectes from the plague before infection, as for the curing and ordering of them after they shall be infected.

Preseruatiue by correcting the aire in houses.



Take Rosemarie dried, or Iuniper, Bayleaves, or Frankincense, cast the same on a Chafendish, and receiue the fume or smoke thereof: Some aduise to be added Lauander, or Sage.

Also to make fires rather in Pannes, to remooue about the Chamber, then in Chimneys, shall better correct the ayre of the Houses.

Take a quantitie of Vineger very strong, and put to it some small quantitie of Rosewater, tenne branches of Rosemarie, put them all into a basen, then take five or sixe Flintstones, heated in the fire till they be burning hotte, cast them into the same Vineger, and so let the fumes bee receiued from place to place of your house.

Perfuming of Apparell.

Such apparell as you shall commonly weare, let it bee very cleane, and perfume it often eyther with some red Saunders burned, or with Iuniper. And if any shall happen to be with them that are visited, let such persons as soone as they shall come home, shift themselves, and aire their other clothes, in open aire.

Preseruatiue by way of defence in open aire, and common assemblies to be vsed outwardly.

It is good in going abroade into the open aire in the streetes, to holde some things of sweete saour in their hands, or in the corner of an handkercheife, as a sponge dipped in Vineger and Rosewater mixed, or in Vineger, wherein Wormewood, or Rue called also Herbegrace, hath bene boyled.

Preseruatiue by way of inward medicine.

Take a quantitie of Rue, or Wormewood, or of both, and put it into a pot of small drinke, close stopp'd, let it lie so in keepe a whole night, and drinke thereof in the morning fasting.

In all Sommer plagues, it shal be good to vse Sorrell sauce to be eaten in the morning with bread. And in the fall of the lease to vse the iuice of Barberies with bread also.

The Aduise

By the constitution of the heart, the vital spirites being weake, and the naturall heate feeble, in which case things Corpiall are to be vsed.

Mens bodies
are apt to take
infectiō, either

By repletion, the
bodie being filled
with humors, either

Good, and then is the partie to be let
blood,

Euill, and then is he to be cured with
medicine purgatiue,

Preseruatiues Cordials.

Mithridates Medicine.

TAke of good Figges not woymeaten, cleane washed, of Walnuts the kernels cleane picked, of either of them an hundred, of the leaues of greene Rue, otherwile called Herbegrace, the weight of ii.s of common Salt the weight of iiii.d. cut the Figs in pieces, and stampe them and the Walnut kernels together in a mortar of Marble or wood a good space, vntill they bee very smal, and then put the Rue leaues vnto them, stampe & stirre them well together with the rest, last put in the Salt and stampe and stirre these things together, vntill they be incorporated and made of one substance. Of the which take the quantity of ii. or iii. Figs euery morning fasting, to children the halfe will serue, and hee that listeth to increase or diminish the substance of this medicine, shall easily doe it, by taking of a greater or lesse quantitie of the simples according to a due proportion.

A well approued Medicine to preserue.

TAke of the finest cleare Aloes you can buy, in colour like to a Liver, & therefore called Hepatica, of Cinamon, of Myrrhe, of ech of these y weight of iiii. French crownes, or of xii.d. of our money, of Cloues, Maces, Lignum Aloes, of Masticke, of Bole Oriental, of ech of these halfe an ounce: mingle them together and beate them into a very fine powder. Of the which take euery morning fasting the weight of a groate of this in white wine delayed with water, and by the grace of God you shall be safe from the plague. No man which is learned, if he examine the simples of this medicine whereof it consisteth, and the nature and power of them, can deny but that it is a medicine of great efficacy against the plague, and the simples whereof it is made, are easily to bee had in any good Apothecaries shop, except Bole Oriental, which is vsed in the stead of true Bolus Armenus, whereof we haue seene great store in the shoppes of master Rich the Queenes Maiesties Apothecarie, and master Morgans in Cheapside.

Take a drye Figge and open it, and put the kernel of a Walnut into the same being cut very smal, three or foure leaues of Rue commonly called Herbegrace, a cozne

of the Physicians.

a coyne of Salt, then roste the Figge and eate it warme, salt iiii. or liii. houre as ter it, and vse this twice in the weeke.

Take the powder of Turmenill, the weight of vi. d. with Sorrel or Scabious water in Sommer, and in Winter with the water of Valerian or common drinke.

Or els in one day they may take a litle Wormewood, and Valerian with a graine of Salt. In another day they may take vii. or viii. berries of Iuniper, dried and put in powder, and taking the same with common drinke, or with drinke in which Wormewood and Rue hath bene steeped all the night.

Also the triakle called Diatessearour, which is made but of liii. things of light price easie to be had.

Also the roote of Enula Campana, eithen taken in powder with drinke, or hanged about the hest.

Likewise a piece of Arras roote kept in the mouth, as men passe in the streets, is very good Cordiall.

Take vi. leaues of Sorrell, wash them with water and vineger, let them lie to steepe in the said water and vineger a while, then eate them fasting, and keepe in your mouth and chewe now or then either Stewall, or the roote of Angelica, or a litle Cinamon.

Take the roote of Enula Campana being layd and steeped in vineger, and grosse beaten, put a litle of it in a handkerchiefe, and smell to it if you resort to any that is infected.

For women with childe, or such as be delicate and tender, and cannot away with taking of medicines.

Make a tosse of white or of the second bread, as you thinke good, and sprinkle on it being hotte a litle good wine vineger, made with Rose leaues, and for want of it, any good common or bled vineger, and spread on the tosse a litle butter, and cast thereon a litle powder of Cinamon, and eate it in the morning, fasting. The poore which cannot get vineger nor buy Cinamon, may eate bread and butter alone, for butter is not onely a preseruatiue against the plague, but against al manner of popsons.

When one must come into the place where infectious persons are, it is good to smell to the roote of Angelica, Gentian or Valerian, and to chewe any of these in his mouth.

Another preseruatiue for the poore,

It shalbe good to take an handfull of Rue, & as much common Wormewood, and buse them a litle: and put them into a pot of earth or tinne, with so much vineger as shal couer the herbs: keepe this pot close covered or stoppt, and when you feare any infection, dippe into this vineger a piece of a sponge, and carpe it in your hand and smell to it, or els put it into a round ball of Yuory or Iuniper made full of holes of the one side, carping it in your hand vse to smell thereunto, reaching it once in a day.

The Aduise

To be vsed after infection taken.

For as much as the cause of the plague standeth rather in poyson, then in any putrification of humours as other agues doe, the chiefeſt way is to moue sweatings, and to defend the heart by ſome cordiall thing.

Suppositarie.

If the patient be coſtiue and bound in his bodie, let him take a Suppositarie made with a little boyled Hony, and a little fine powder of Salt, and ſo taken in at the Fundament and kept till it moue a ſtoole.

An excellent Medicine made without charges.

Take of the powder of good Bayberries, the huſke taken away from them, before they be dyed, a ſpoonefull: Let the patient drinke this, well mingled in a draught of good ſtale Ale or Beere, which is neither ſowre nor dead, or with a draught of white Wine, and goe to bed and caſt himſelfe into a ſweate, and ſo beare ſleepe as is aforeſayde.

An other ſoueraigne remedie, that is a ſtilled water.

Take the inward bark of the Aſhe tree, a pound, of Walnuts with the greene outward ſhelles, to the number of 50, cut theſe ſmal, of Scabious, of Veruen, of Petimorel, of Houſleeke, of euery one a handfull, of Saffron halfe an ounce, powre vpon theſe the ſtrongeſt Vineger you can get foure pynts, let them a litle boyle together vpon a very ſoft fire, and then ſtand in a very cloſe pot well ſtopped all a night vpon the embers, afterwarde diſtill them with a ſoft fire, and receiue the water cloſe kept. Giue vnto the patient layde in bedde and well couered with clothes, two ounces of this water to drinke, and let him be prouoked to ſweate, and euery ſixe houres, during the ſpace of xxiij. houres, giue him the ſame quantitie to drinke. This Medicine for the worzhines thereof, and becauſe it will ſtand the maker thereof in litle charge, it ſhal be very wel done to diſtill it in Sommer when the Walnuts hang greene on the tree, that it may be ready againſt the time that occaſion ſerueth to vſe it.

1. Bloodletting.

If the Patient be full of humours which be good, let him immediatly bee let blood vpon the Lpyer veine in the right arme, or in the Median veine of the ſame arme (if no ſore appeare) in the firſt day.

2. Medicine purgatiue.

For the poore take Aloes the weight of vi. b. put in ꝑ pappe of an Apple: and for the richer Pilles of Ruſus to be had in euery good Apothecaries ſhoppe. After letting of blood and purging (as ſhall be needfull) ſome of the ſorenamed Cordials are to be vſed.

Theſe

of the Physicians.

These preparations thus used the first day that the Patient shall fall sicke, as cause shall be to vse the one or the other (no soze appearing) in which case if the soze shall appeare, they are both to bee forbozne, the next is to vse all meane to expell the popson, and to defend the heart by Cordials,

3. Medicament expulsue.

The popson is expelled best by sweatings prouoked by posset Ale, made with Fenel and Marigolds in Winter, and with Sorrell, Buglosse and Borage in Sommer, with the which in both times they must mixe the triacle of Diateslaroum, the weight of ix. d. and so to lay them selues with all quietnes to sweate one halfe houre or an houre, if they be strong. For they that bee neither full of humours nor corrupt in humours, neede neyther purging nor letting of blood, but at the first plunge may mooue themselves to sweate with Cordiall things mixt with such things as moue sweat, and are before declared.

*What is to be done when there is any rising
or swelling in any part.*

Then if by these three meanes the popson be expelled outward by botches, carbuncles or markes, called Gods markes, according as nature doth expell, so must the further proceedings bee, prouiding still, that they continue still in the vse of the cordiall and moderate sweating now and then, all the time that the sozes be in healing, which must by the Surgion be handled with great discretion,

Medicine to be vsed in ordinarie dyet.

It is thought that the powder of harts hoze hath a speciall prerogatiue, to be used all the time of their sickenesse in their broths, and supping, which in Sommer must euer haue Sorrell, Borage, Buglosse, and in winter, Betony, and Scabious, or Morsus Diaboli, and if their habilitie doe not serue, let them vse it with Aleburies made with a litle Nutmegge, or one Cloue, or with Cawdellies in like maner made with Cloues, Maces, Nutmegges, Sanders or such like,

Both to preserue and cure the sickenesse.

Take an egge and make a hole in the toppe of it, take out the white and yelke, fill the shell with the weight of two french crownes of Saffron, roast the said egge thus filled with Saffron vnder the embers, vntill the shell begin to ware yelow, then take it from the fire, and beate the shell and Saffron in a mortar together, with halfe a spoonefull of Mustard seede, take of this powder a french crowne weight, and as soone as you suspect your selfe infected, dissolue it into ten spoonefulls of posset ale, and drinke it luke warme, then goe to bedde and prouoke your selfe to sweating,

The Aduise

To be vsed in the first time of the Sickenesse,

Another is to take fine oz fire handefull of Sozell, that groweth in the field, oz a greater quantitie ascorbing as you will distill more oz lesse of the water thereof, and let it lie infused oz steeped in good Vineger the space of foure and twentie houres, then take it off and drie it with a linnen cloth put into a Limbecke, and distill the water thereof: And as alfoone as you finde your selfe touched with the sickenesse, drinke foure spoonesfulls of the said water with a litle sugar, and if you be hable, walke vpon it vntill you do sweate, if not, keepe your bed, and being well couered, prouoke your selfe to sweating, and the next day to take as much againe of it a litle before supper.

Item, to prouoke vomit with two ounces of franke oyle, oz walnutte oyle, a spoonesfull of the iuice of Celendine and halfe a spoonesfull of the iuice of radice roote, so that the partie infected doe walke and not sleepe, is better then any letting of blood, oz any purging. For the diseale neither can suffer agitation of humors, nor when one is infected, hath no time to bleede oz to purge.

Outward medicines for to be applied to the sore.

The first.

TAke of Scabiousse two handefuls, stampe it in a stone morter with a pestell of stone if you can get any such, then put vnto it of olde swines grease salted, two ounces, and the pelke of an egge, stampe them well together, and lay parte of this warme to the sore.

The second.

TAke of the leaues of Mallowes, of Camomill flowers, of either of them an handefull, of Linscede beaten into powder two ounces, boyle the Mallowe leaues first cut, and the flowers of the Camomil in faire water standing about a fingers breadth, boyle all them together vntill all the water almost be spent: then put thereunto the Linscede, of Wheate flower halfe an handefull, of swines grease the skinner taken away three ounces, of oyle of Roses two ounces, stirre them still with a sticke, and let them all boyle together on a soft fire without smoke, vntill the water be venterly spent, beate them all together in a morter, vntill they be well incorporated together, & in feeling smooth, and not rough: then make parte thereof hotte in a dish set vpon a chafindish of coales, and lay it thicke vpon a linnen cloth applying it to the sore.

Another excellent medicine to ripen and bring out the sore.

TAke a white Onion cut in pieces, of fresh butter iiii. ounces, of Leuen the weight of xii. d. of Mallowes one handful, of Scabiousse it may be had one handful

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handfull, of Cloues of garlike the weight of xx. d. boyle them on the fire in sufficient water, and make a pulsette of it, and lay it warme to the soze.

Another.

TO the soze it selfe doe thus. Take two handfull of Valerian, three rootes of Danewort, a handfull of Smalledge, or Louage, if you can get it, seeth them all in butter and water, and a few crummes of bread, and make a pulsette thereof, and lay it warme to the soze vntill it breake.

Another for the same.

IF you cannot haue these herbes, it is good to lay a loafe of bread to it, hot as it cometh out of the oven, (which afterward shall be burnt or buried in the earth) or the leaues of Scabious or Sorrell roasted, or two or three Lillie rootes roasted vnder embers, beaten and applied.

A generall medicine for all sortes of people taken with the plague, to be had without cost.

TAKE of the roote of butter burre, other wise called pestilēt wort, one ounce, of the roote of great Valerian a quarter of an ounce, of Sorrell an handfull, boyle all these in a quart of water to a pint, then straine it and put thereto two spoonesfull of Vineger, two ounces of good Sugar, boyle all these together vntill they be well mingled, let the infected drinke of this so hotte as he may suffer it a good draught, and if he chaunce to cast it vp againe, let him take the same quantitie straigheaway vpon it, and prouoke himselfe to sweate, and he shall find great helpe.

Time of continuance apart from common assemblies.

SUCH as haue bene infected, should keepe their house without being conuersant with the whole, vntill the sozes shall haue left running and bee perfectly whole and sound, which in sanguine and cholericke persons will be healed sooner, then in melancholike and fligmatike complexions.

SUCH persons may not wel be conuersant with them which are not infected, for the space of one moneth.

Infected clothes.

THE Contagion suspected to remaine in clothes, either wollen or linnen, cannot well be auoyded by better meanes, then by fire and water, by often washing and airing the same in frostes, and sunne shine, with good discretion, and burning the clothes of small value.

FINIS.